



SUMMER COMPETITIVE JUNE 13TH-JUNE 25TH

SWIM TEAM

HELLO! AS WE CONTINUE THROUGH JUNE, PARTICIPANTS WILL BE WORKING ON BACKSTROKE, BUTTERFLY, AND SOME BREASTSTROKE. TIME TRIALS AND RELAY PRACTICE WILL STILL BE SAME, IF THERE ARE CONCERNS, PLEASE TALK TO THE COACHES.

COACHES WILL BE WORKING WITH SWIMMERS TO SWIM THE STROKES LEGALLY, IF A SWIMMER DOES NOT SWIM LEGALLY, THEY WILL NOT BE PLACED ON A RELAY, BUT ARE STILL WELCOME TO COME TO THE MEET.

TIMES TO ARRIVE FOR THE BACKSTROKE AND BUTTERFLY MEETS:

10 AND UNDER 5:30PM FOR WARM-UPS

11 AND OLDER 7:00PM, WARM-UPS BEGIN AT THE CONCLUSION OF YOUNGER MEET.

CHECK WITH COACH OR SEE COMPETITIVE CALENDAR FOR MEET LOCATIONS.

DIVE TEAM

HELLO! AS WE CONTINUE JUNE PARTICIPANTS WILL BE WORKING ON FRONT DIVES, BACK DIVES, INWARDS AND REVERSES. OPTIONAL DIVES WILL BE WORKED ON AS WELL FOR THE WEEKLY MEETS. THANK YOU TO THOSE PARENTS WHO ATTENDED THE PARENT MEETINGS HELD BY THE HEAD COACHES. IF YOU HAVE QUESTIONS CONCERNING THE PROGRAM, PLEASE CONTACT YOUR HEAD COACH.

TIMES TO ARRIVE AT MEETS FOR JUNE:

8 AND UNDER 5:30PM FOR WARM-UPS

9 AND 10 6:15PM

11 AND 12 7:00PM

13 AND OLDER 7:30PM

SYNCHRONIZED SWIM TEAM

HELLO! AS WE CONTINUE THROUGH JUNE, PARTICIPANTS WILL BE LEARNING AND WORKING ON ADDITIONAL FIGURES FOR THE LAST FIGURE MEET ON JUNE 21ST.

DUETS AND TRIOS HAVE BEEN STARTED. THERE WILL BE A PRACTICE MEET ON JUNE 28TH. THIS WILL LET THE GIRLS RUN THROUGH THEIR ROUTINE. PLEASE PLAN ON ATTENDING. THANK YOU FOR ATTENDING THE PARENT MEETING, PLEASE TALK TO HEAD COACH WITH ANY FURTHER QUESTIONS.

TIMES TO ARRIVE AT THE MEETS FOR JUNE:

10 AND UNDER 5:30PM FOR WARM-UPS

11 AND OLDER 7:00PM, WARM-UPS BEGIN AT THE CONCLUSION OF THE YOUNGER MEET.

PLEASE LET COACHES KNOW OF ANY VACATIONS PARTICIPANTS ARE GOING ON.

WATER POLO

HELLO! AS WE CONTINUE THROUGH JUNE, PARTICIPANTS WILL BE LEARNING MORE ABOUT SPECIFIC POSITIONS, OFFENSIVELY AND DEFENSIVELY.

THE END OF THE SEASON TOURNAMENT IS TWO DAYS THIS YEAR. IT STARTS FRIDAY JULY 15TH AND ENDS THE FOLLOWING MORNING. ATTENDANCE IS VERY IMPORTANT AT THIS MATCH.

TIMES TO ARRIVE AT THE MATCHES FOR JUNE:

10 TO 12 7:30AM

13-15 8:30AM

PLEASE LET COACHES KNOW OF ANY VACATIONS PARTICIPANTS ARE GOING ON.

Thank you to everyone that attended the parent meetings. There will be a second parent meeting in July for sports. Coaches will be telling you dates.

For calendars, pool maps, more sport information please visit: www.mesaaz.gov/pools under competitive teams.

Optional Equipment

Swim- Goggles, water bottle, caps (team caps sold in office for \$3.50)

Synchro- Goggles, water bottle, caps, nose clips.

Dive- Water bottle, shammy

Water Polo- Water bottle